

Yellow Band Foil

Lesson 2

<http://www.fencing.calpoly.edu/>

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Footwork Development
Distance Development
Lunge
Honor

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These lessons should only be used under the training of a qualified instructor, and only by individuals in good physical condition.

Lesson 2 Overview

Warm up (10 min)

- Initial Position
- Hand Arm Sequencing
- On Guard
- Hand Arm Sequencing
- Crossover Distance Drills
- Stretching

Drilling (10 min)

- Advance Retreat Drills

Exercises

- Advance Retreat Snake (5 min)
- Advance Retreat pairs (5 min)

The LUNGE!

- Demonstration/Explanation (5 min)
- Practice (10 min)
- Advance Retreat Drill
with Lunge and hand (10 min)

The Advance Lunge

- Demonstration/Explanation (5 min)
- Practice (10 min)
- motion drill with advance lunge (10 min)

Warm Down

- Arm Sequencing
- Stretching
- Honor by Nick Evangelista

The Lunge

The following section from Aldo Nadi describes what a lunge should feel like. It is NOT how to accomplish a correct lunge however!

The object of foil fencing is to touch the adversary with the tip of the blade in the valid target before he touches you. However, your opponent being several feet away, you cannot reach the target merely by extending your arm. Something more must be done to overcome this distance, and in the shortest possible time.

I have already referred to the cobra. To strike from its coiled position, its body shoots out like an arrow straight towards its mark.

The fencer lunges.

[Sections removed]

Another way to learn the proper feeling and motion of the lunge is to stand erect, feet together and at right angles as in the original line position, both arms placed as on guard. Then extend the right arm slowly and let yourself fall, body profiled, in the direction of an imaginary opponent. As your fall gains momentum and you have definitely lost your balance, step out with your right foot far and fast without ever bending the left leg; simultaneously throw down the left hand. Because of the greater momentum afforded by the law of gravity, and because you have to move that right foot as late as possible (in order to experience the feeling you are looking for), it will have to travel at a comparatively greater speed, in respect to the body, than when the lunge is executed from the guard. The left hand, of course, will further help the desired increasing tempo. At a certain moment--toward the termination of the drop--you will automatically find yourself in the correct lunge position; it is therefore at the exact moment that you must instantly stop the downward movement. You will be able to do so only if you know when to stop the bending of the right leg.

When you are able to lunge from the guard position experiencing exactly the same feelings of increasing speed and power, and complete the movement in perfect balance and sudden, absolute immobility, you can be sure you are lunging well.

The lunge is the most important fencing movement and requires further analysis. But as I cannot leave you indefinitely in its position, I will now tell you how to recover from your all-out effort.

**Taken from Aldo Nadi's
"On Fencing" -- Footwork
Laureate Press, 1994**

Executing a Correct Lunge

The Torso and head MUST remain upright all through the lunge

1) Extend the arm

The rest of your body should not yet be in motion

Do not 'lock' your elbow, wrist, or fingers (80%-90% full extension)

2) The front leg kicks out (straighten at the knee)

Kick the foot out, keeping the ankle locked so the toes point up

allow the heel to 'glide' over the floor

do not 'lift' from the hip, the thigh should remain motionless

3) At the end of the kick, the rear arm flings out and down

Use this to help keep your shoulders straight, and your torso upright

keep the rear hand facing upward!

4) The rear leg snaps out straight and hard

Do not push up, push forward

Push from the entire surface of the foot

imagine your toes as eagle talons gripping the ground

Keep the rear foot flat on the ground

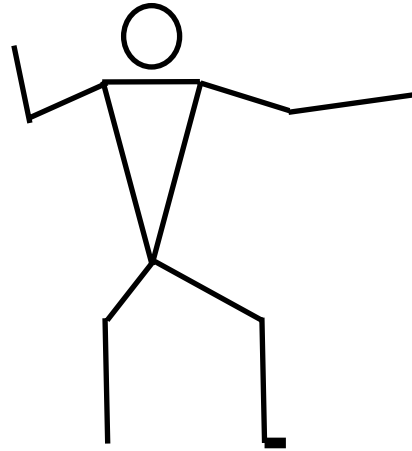
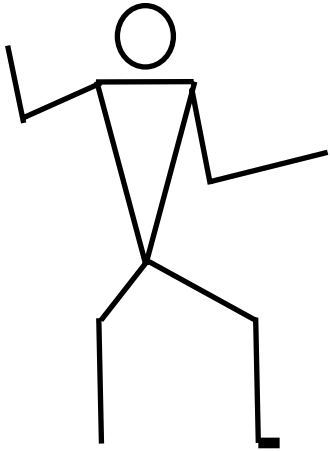
Keep the knee straight

5) The front foot heel comes down

Rotate on your heel, letting your foot land flat

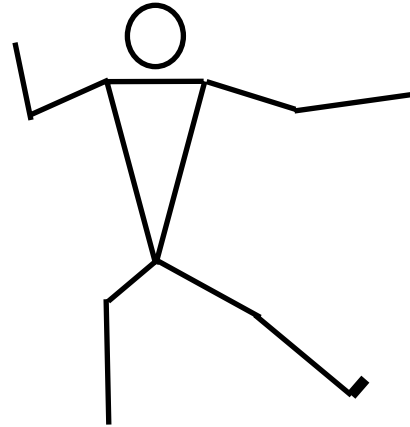
Allow the knee to now bend keeping the knee over the ankle

Do NOT let the knee come forward of the ankle



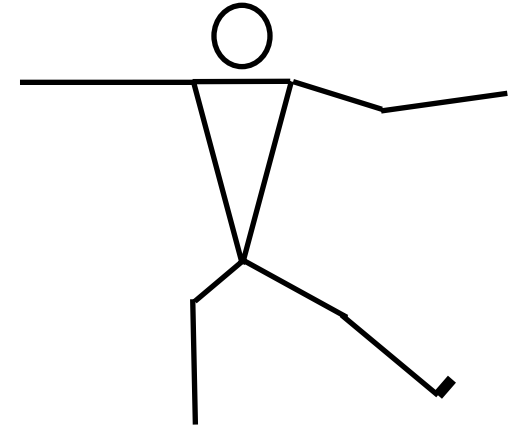
The arm must begin extending first.

Do not lock your arm 80%-90% extension, keep the elbow, wrist, and fingers loose



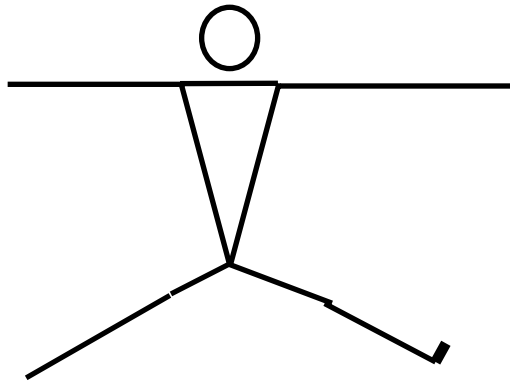
The torso may drop ever so slightly as the front leg kicks out

However, do NOT allow your shoulders to fall out of alignment



Make sure to kick the front leg out by straightening at the knee.

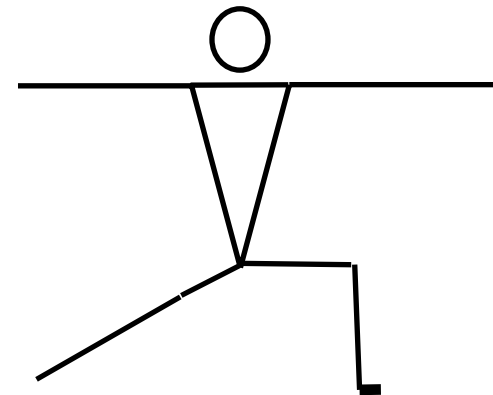
Do not lift the foot with the thigh.



When the back leg completes straightening, allow the heel to land first on the ground.

Push FORWARD! Not UPWARD!

As the heel comes down, completely extend the arm. Take caution to not lock the elbow before this point

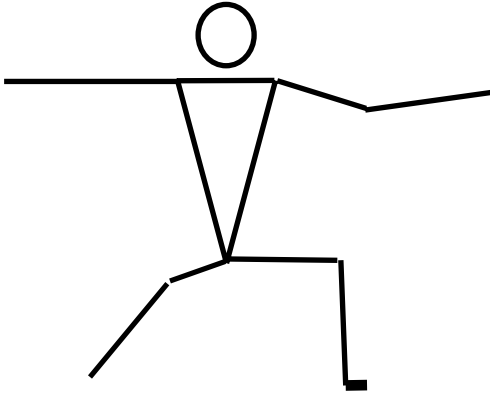


As the torso comes down, allow the knee to bend to 90 degrees.

Do not allow the knee to come forward of the ankle.

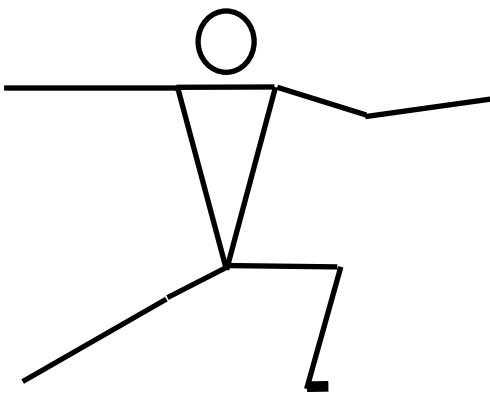
Keep the back leg straight, and keep the back foot flat on the ground

Common Lunge Mistakes



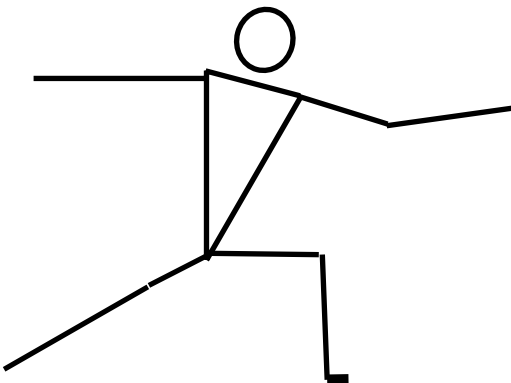
Do not allow your rear leg to bend

Keep your rear knee straight



Do not allow your front knee to come out over the ankle

Keep your Knee bend to 90 degrees



Do not allow your body to bend forward

Keep your body upright, and your center of balance centered

The Lunge Recovery (Backward)

1) The front arm retracts to the On Guard position

Make sure not to pull the elbow back to far, there should be at least 1 hands width between the body and the elbow

Keep the forearm upward and slightly outside the body

2) The front leg begins straightening

Make sure to lift the toes upward so you are pushing with your heel

Keep the torso upright and centered

3) The rear leg begins bending to on guard

Make sure to keep your torso at 'On Guard' height.

Do NOT stand up raising your body during this motion

Keep the torso weight centered as you push back

The rear arm retracts back to its On Guard position to help pull the body back

Honor

*From "The Art and Science of Fencing" by Nick Evangelista
Masters Press, 1996*

The last few years have given us public demonstrations of athletic behavior, on and off playing fields, that has been anything but admirable. It was once said that sports built character. Today, we see, as a matter of course, fits of temper, greed, drug abuse, incredibly poor sportsmanship, elitism, laziness, vanity and brutality acted out by sports participants on the diamond, rink and court.

Perhaps, with fencing, we can do better.

Tradition

Fencing has had its share of unpleasant individuals over the ages, to be sure. I've known some of the modern ones personally. But our art also has a side to its long history that is proud, noble and brave. The honor of fencing has been hard won over the centuries through the sweat and blood of our predecessors. Fencing, then provides us with a built-in opportunity to express ourselves in ways that show we appreciate our heritage and to rise above the common denominator.

Fencing offers us control

We can choose our behavior.

Respect

We should always respect our teachers and our schools. Here we honor our foundations. On the fencing strip, we must never forget to salute our opponents and shake hands after bouting. In tournament play, we show respect for those who officiate our bouts, for without them, competition would be chaos.

Tactics

To me, the fencer who physically intimidates his opponent with brutality of blade movement or downright, knock-down fencing, or who attempts to side-track an adversary through obnoxious, argumentative behavior, is an ignorant amateur, a thoroughly bad fencer, showing little regard for his learning or the institution of fencing. Beat your opponent with fencing excellence -- with your superior blade movement, timing, distance and strategy.

That is what is all about.

Truth

We acknowledge touches. When we cheat, we cheat not only our opponents but ourselves, because we rob ourselves of the truth of fencing and cease to grow as fencers

Fraternity

We fence against anyone who asks us to a friendly crossing of blades. We can always learn from both good and bad fencers. We admire the expert touch, and look with tolerance on the less than adequate fencer. Everyone starts in the same place, awkward and unknowing. To forget this is to forget we are human

Honor

To act in any way but the abovementioned manner would be to denigrate the art of the sword. We maintain a sense of good will, we persevere, we are patient, we always strive to do our best and we take pride in the uniqueness of fencing and in our skills. When we win, we win through fair play or not at all. No matter what anyone else tells you, standards count.

We express our respect constantly for fencing and, therefore, demonstrate through our unflagging loyalty, our own personal honor. Such sentiments are often looked upon with cynicism in today's world. But fencing attempts to ground us in solid reality, not in the trendy behavior of our times. If we allow ourselves to become ugly on the fencing strip then we lose no matter what the record books say.